

**AMENDMENT TO THE SPECIFICATION:**

**Please add Abstract of Disclosure as follows:**

**Abstract of the Disclosure**

A support for supporting a structure on a surface, comprising at least one support element, each support element comprising a piston, a cylinder in which the piston is moveable, and a braking means for maintaining the piston in a position that is stable relative to the cylinder, wherein the piston and the cylinder are arranged so that a loading associated with the structure effects an adjustment of the support element, and wherein an increase in hydraulic pressure within the cylinder, effected by the loading associated with the structure, activates the braking means.